

Why is it critical to attend?

A well-designed and properly implemented Worksite Health and Wellness Strategy can create positive cultural and financial outcomes for any organization. Those Wyoming organizations investing in long-term strategies now will be the ones benefiting the most in the future.

The workshop is only the beginning – upon attendance and completion of this workshop – you and your company will have the opportunity to engage in 1:1 support and consultation from Professional Wellness Staff identified by the Wyoming Department of Health.

If you have a program in place – use this workshop to **fine tune** your activities, if you are just beginning the process – **attend and identify your next steps** to a healthier workforce.

Who Should Come?

**Organization leaders and decision-makers.
Human Resources or
Benefits Directors, Office
Managers and Wellness
Directors.**

**Governmental Entities, School
Districts, Higher-Education,
Hospital Systems, Private
Corporations, and Non-Profits**



2320 Zoo Drive, suite B
Billings MT 59101

*Wyoming business leaders: You
are cordially invited to attend*

Worksite Wellness: A Concrete Approach

*Your attendance and participation is key to
addressing the health and health costs of
Wyoming individuals and organizations.*

A collaboration between:



**Wyoming
Department
of Health**

Commit to your health.



Worksite Wellness: A Concrete Approach

This is a call to action from the Wyoming Department of Health! In collaboration with TwoMedicine and its experts in Worksite Health Promotion, we have created workshops to help your organization and people. With several convenient locations you can travel, attend & return home within your workday. A must attend-event for all Wyoming business leaders.

Kirk Keller, MS, CWPM

Worksite Health Promotion Expert and
Consultant, Evaluation Specialist.
TwoMedicine Health & Financial Fitness

Kirk D. Keller has 25 years experience in human resources, employee benefits and worksite health promotion. His health strategist services include consultation and support to employers engaging in worksite health promotion. Consultation includes; training, evaluation, data interpretation, risk identification, consumer engagement, communication and reporting. Kirk has directed numerous clients and their programs to levels of positive returns and award recognition. His experience includes service in industries such as finance, health care, mining, and higher education.



This 3 hour workshop will provide you the opportunity to:

- Create a plan of action and
- Define your evaluation steps
- Walk away with support from leading professionals
- A well workplace checklist
- Appointments for follow up from wellness experts
- A resources toolkit

\$20.00 per person

includes the 3 hour training
(10am - 1pm), lunch, toolkit

BRING A SENIOR-LEVEL MANAGER AND
GET ONE REGISTRATION FREE!

Limited to 30 participants per
location so we ask for pre-registration.
Registrations will be accepted only up
to 5pm the night before each date.

**FOR QUESTIONS or
PRE-REGISTRATION**

(you may call for credit card payment)

Contact Person:

Barbara Gledhill, Office Manager
1-888-582-9002

info@twomedicinehealth.com

www.mytwomed.com

Registration Form

Name: _____

Organization Name: _____

Organization Address: _____

E-mail address: _____

Telephone: _____

Please return form and check payable to:

TwoMedicine Health & Financial Fitness
2320 Zoo Drive, suite B
Billings, MT 59101
Or Fax To: 406-256-0335

Indicate your choice of the 9 workshops

- ☐ Riverton — November 10th
- ☐ Worland — November 12th
- ☐ Cody — November 13th
- ☐ Cheyenne — November 17th
- ☐ Cheyenne — November 18th
- ☐ Laramie — November 19th
- ☐ Casper — December 1st
- ☐ Gillette — December 2nd
- ☐ Sheridan — December 3rd

Site specifics TBD—call for details! All workshops run 10am-1pm with a working lunch. Evanston, Rock Springs, Jackson workshops coming Spring 2010!